

# 2019 SAHL HASHEESH ENDURANCE FESTIVAL BRIEFING



SAHL HASHEESH  
ENDURANCE  
FESTIVAL



HSBC

THE  FACTORY

# BRIEFING CONTENTS

1. SCHEDULE
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7. AROUND THE EVENT



**SAHL HASHEESH  
ENDURANCE  
FESTIVAL**

# SCHEDULE

## WEDNESDAY 03 APR

Athlete Registration  
6:00PM - 9:00PM

## THURSDAY 04 APR

Sprint Distance  
8:00 AM

Supersprint Distance  
3:00 PM

Athlete Registration  
7:00PM - 9:00PM

## FRIDAY 05 APR

Olympic Distance  
8:00 AM

Youth Race  
3:00 PM

1K Kids Race  
4:00 PM

Athlete Registration  
7:00PM - 9:00PM

## SATURDAY 06 APR

HALF IRON Distance  
7:00 AM

Closing Ceremony  
6:00 PM

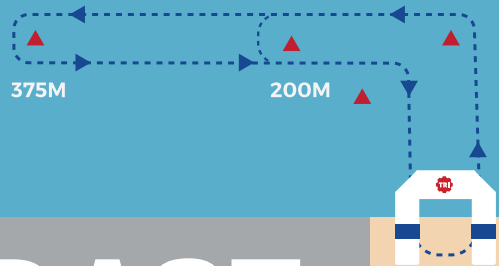
## WED - FRIDAY RACE BRIEFINGS

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Arabic Briefing  
8:00 PM

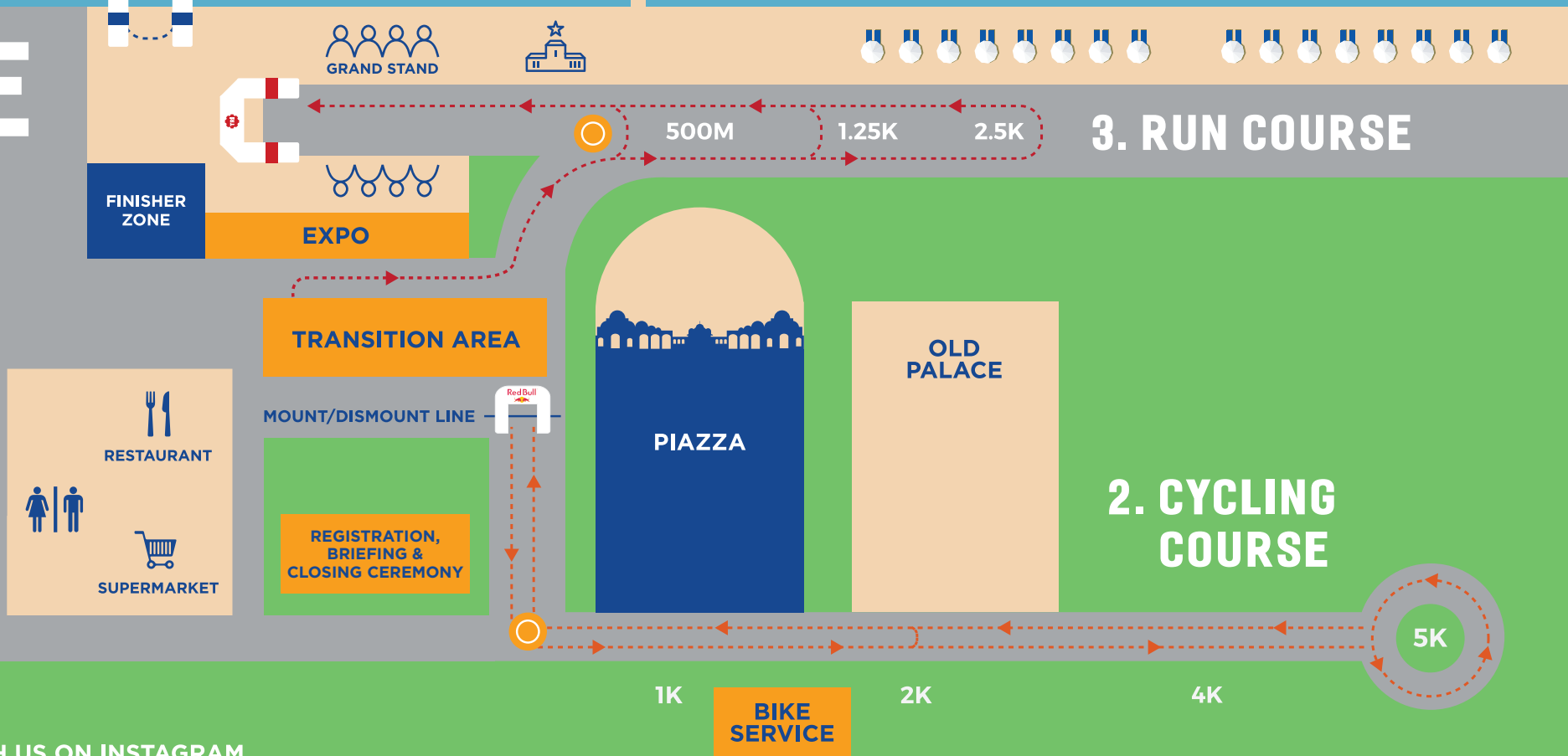
English Briefing  
8:30PM

# 1. SWIM COURSE



	SUPERSPRINT	SPRINT	OLYMPIC	YOUTH RACE	KIDS RACE
SWIM	1 Small Lap	1 Big Lap	2 Big Laps	1 Lap	--
BIKE	1 Lap	2 Laps	4 Laps	1 Lap	--
RUN	1 Small Lap	2 Small Laps	2 Big Laps	1 Lap	1 Lap

# RACE MAP



SHARE WITH US ON INSTAGRAM  
**#SAHLHASHEESHENDURANCEFESTIVAL**

# RACE RULES

# RACE DAY

Check in to the transition area  
**one hour before** your race.

Transition closes  
**10 minutes** before race start.

# GENERAL RULES

- Participant's responsibility to know the rules
- Unsportsmanlike conduct
- Obstruction
- Unuathorized assistance
- Re-entry

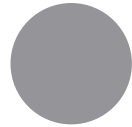
# SWIMMING CONDUCT

- Permissible strokes
- Bottom contact and resting
- Emergencies
- Equipment Allowed: Goggles, Swim cap corresponding to your wave, Trisuit etc.
- Equipment **NOT** allowed:
- Artificial propulsion device, including but not limited to fins, gloves, paddles, or floating devices of any kind.



# RACE WAVES

1ST



4TH



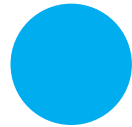
2ND



YOUTH



3RD



U16



# CYCLING CONDUCT

- Riding rules: Position fouls:  
Blocking, Passing, Position, Over-Taking
- Drafting
- Mount line
- Equipment and bike

# DRAFTING ZONE

The term “**drafting zone**” refers to a rectangular area 5 meters long and 2 meters wide surrounding each bicycle.



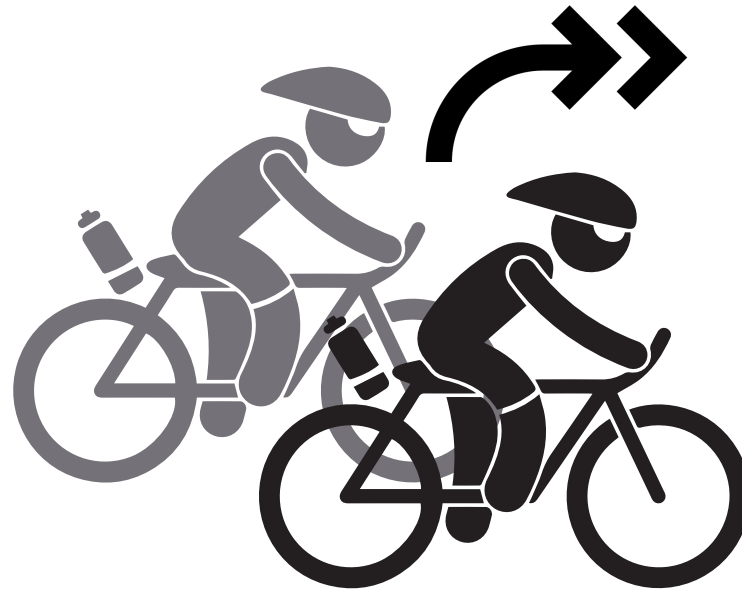
# DRAFTING - DUAL RESPONSIBILITY

It is the responsibility of **BOTH** cyclists to avoid a drafting penalty.

The front cyclist must allow the back cyclist to pass, and the back cyclist must pass the front cyclist.

In the event of a drafting call by the official, both cyclists will be penalised.

# KEEP ON THE RIGHT



# BIKE SERVICE



The official event Bike Service will be available all weekend long. There are a lot of athletes who will also need service though, so make sure to go as early as you can!

# RUNNING CONDUCT

- Permitted conduct
- Knowledge of the course
- Permitted and illegal equipment

# RELAY TEAMS

- Relay Teams: 2 or 3 individuals
- Each is responsible for their segment
- No switching
- Team members must wait at the bike rack for their teammates to tag them



# RACE SERVICES

- **Nutrition:** There is no nutrition station on the cycling course, for your own safety. You should prepare your water bottles and nutrition have them on your bike for usage during the cycling leg.
- There will be two **water stations** on the run course, with water and Electrolyte Drinks.
- There is a **Bike Service** stop in the middle of the cycling course.
- **Ambulances** are stationed on the bike course and in transition. Medics from Prime Clinics are available on the swim, bike, and run courses.

# RACE COURSE LAPS

RACE	SWIM DISTANCE	# OF SWIM LAPS	BIKE DISTANCE	# OF BIKE LAPS	RUN DISTANCE	# OF RUN LAPS
Sprint	750m	1 Big Lap	20K	2 Laps	5K	2 Small Laps
Supersprint	300m	1 Small Lap	10K	1 Lap	2.5K	1 Small Lap
Olympic	1.5K	2 Big Laps	40K	4 Laps	10K	2 Big Laps
Youth Race	100m	1 Lap	4K	1 Lap	1K	1 Lap
Half Iron	1.9K	2 Laps	90K	4 Big Laps	21.1K	3 Laps

**\*Run Course Update:**

Sprint athletes will be running 2 small laps (1.25K back and forth) for the 5K run segment.  
Supersprint athletes will run 1 small lap.

# ENDURANCE LEAGUE

EGYPT'S FIRST MULTISPORT ATHLETE RANKING PLATFORM



# WATER STATIONS & NUTRITION

- There will be two water stations on the run course, with water and Electrolyte Drinks.
- There is no water station on the cycling course.
- You should prepare your water bottles and nutrition and have them on your bike for usage during the cycling leg.

# ELECTROLYTES SPORTS DRINK

## NUTRITION INFO:

Typical Values	Per Serv. 4g	% RI* (Per 4g)
Magnesium (mg)	56	15%
Potassium (mg)	70	3.5%
Calcium (mg)	9	1.1%
Vitamin C (mg)	28	35%
Sodium (mg)	250	–
Green Tea (mg)	1	–



\*On Run Course (Olympic + Half Iron) half a tablet per small water bottle.

\*On Bike Course (Half Iron) one full tablet per flask.

# OFFENCES & DISQUALIFICATION

- Rules & Regulations are in the Race Magazine
- **Head Referee:** Mahmoud Abdelhakim
- Any offences should be reported to a manager or the Head Referee directly.
- Time penalty between 30 seconds and 5 minutes will be administered.
- Repeat offences will result in disqualification.
- The most common offence is drafting. **Drafting is prohibited.**
- **Unauthorised Equipment** can be found in Magazine.

# TRANSITION AREA

# RACE STICKERS

4050



RACE CODE



TRANSITION NUMBER

One sticker for your helmet.  
Two for your bike.



# TRANSITION AREA CONDUCT I

- Access to the Transition Area is reserved for athletes participating in the upcoming race.  
No other persons will be allowed in the Transition Area.  
Friends & family are not permitted.
- The Transition Area will be staffed by our Organising Committee, and volunteers.
- Unless you are wearing the correct race bracelet, you will not be permitted to enter the Transition Area.

# RACE BRACELETS

ORGANISERS



SUPERSPRINT



SPRINT



OLYMPIC



YOUTH RACE

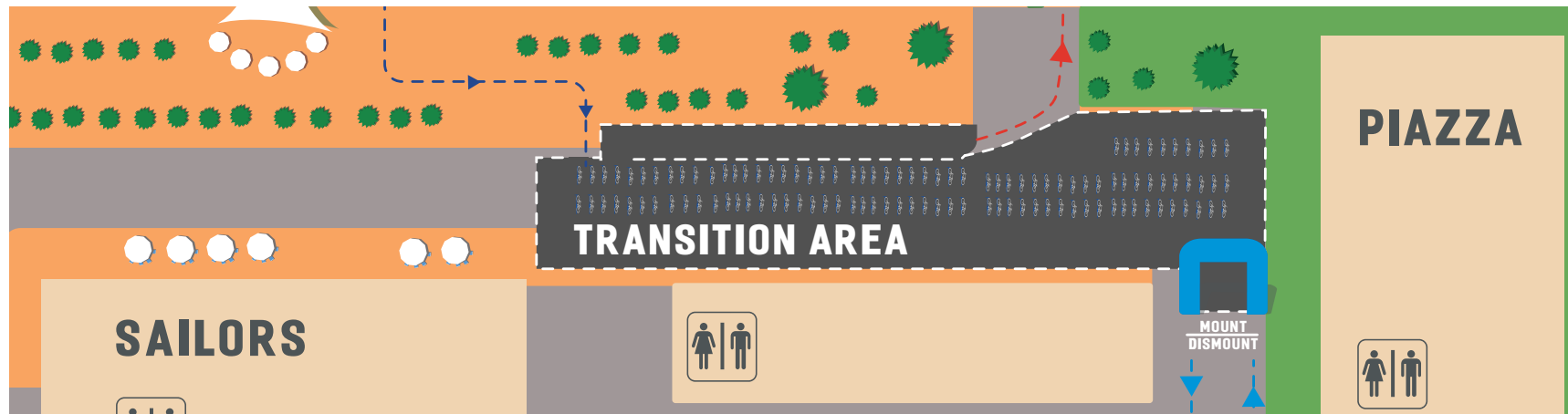


HALF IRON

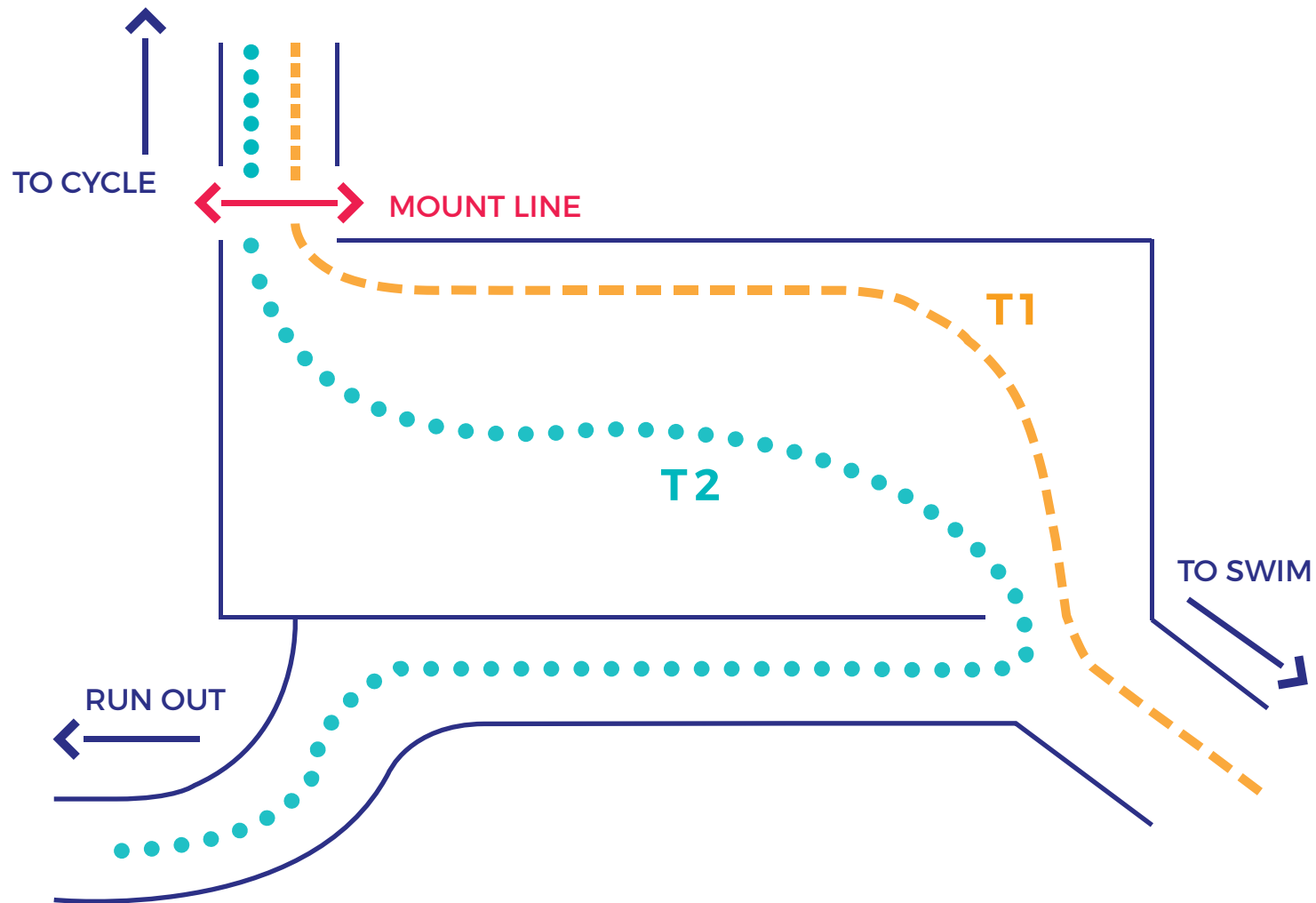


# TRANSITION AREA CONDUCT II

- Placement of equipment / bicycle
- Personal space
- Glass containers not allowed



# TRANSITION AREA



# TRANSITION AREA

You are not allowed to ride the bike until you leave the Transition Area and pass the Mount Line.

**Helmets must be worn  
BEFORE getting on the bike!**

# TIMING CHIPS



Once you cross the finish line, the timing chip will be collected from you. Loss of the timing chip will result in **DISQUALIFICATION**.

# LIVE TRACKING

DOWNLOAD **SPORTHIVE** APP



OR VISIT

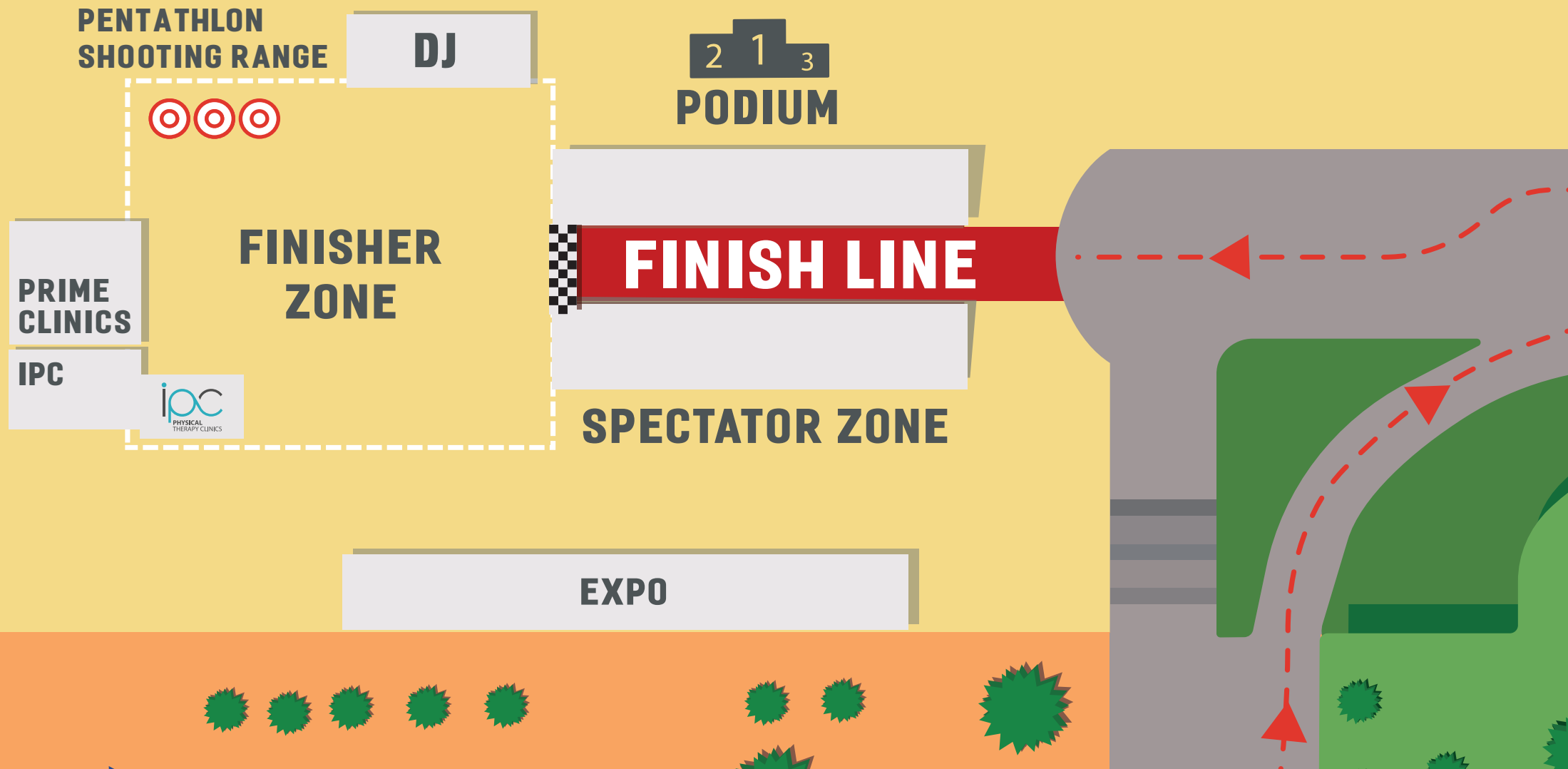
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**AFTER YOU FINISH**





# FINISH LINE CONDUCT



# FINISH LINE CONDUCT

1. Take on Pentathlon Shooting Challenge.
2. Remove timing chip.
3. Receive race medal.
4. Drink water or Red Bull.
5. Step out of the Finisher Zone and enjoy the EXPO.

# FINISH LINE CONDUCT

Respect your fellow athletes & clear the finish line area after you cross. Hundreds of athletes will be crossing the finish line during each race, and everyone deserves their moment of glory.

# PENTATHLON

1. The Pentathlon Shooting Challenge is a mandatory part of the event.
2. It does not affect your swim-bike-run time, which is calculated from when the race starts to when you cross the finish line.
3. You do not need to have any previous experience of laser shooting to take part.



# AWARDS CEREMONY

Following every race, the awards ceremony will be held on the beach next to the Grand Stand.

Half Iron awards will take place at the closing ceremony on Saturday

The Awards Ceremony will include overall and age group winners.

# RACE RESULTS

- Immediate race results are announced during the post-race Awards Ceremony.
- Full results are published online following the conclusion of the event, on Sunday.
- Any questions or concerns should be directed to The TriFactory management in an orderly and respectful manner.

# EVENT PHOTOS

THE **TRI** FACTORY

TRAINING

SAHL HASHEESH ENDURANCE FESTIVAL

TOUGH MUDDER

PYRAMIDS HALFMARATHON

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## Sahl Hasheesh Endurance Festival

Event Date - Wednesday, November 13, 2019

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for face recognition

**Upload a Selfie**

**Take a selfie**

**Time of Participation** >

**Album** >

**Bib number** >

**WWW.THETRIFACTORY.COM/PHOTOS**



THE **TRI** FACTORY



FOR THE FIRST TIME  
IN EGYPT AT **ZED PARK**

**14 + 13 DECEMBER**

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@TOUGHMUDDEREGYPT



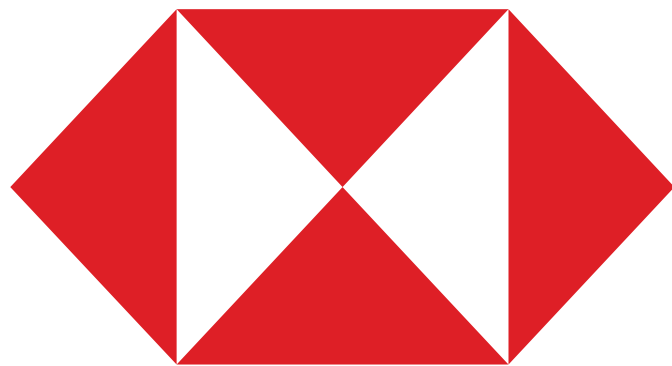
TOUGH MUDDER EGYPT





# SAHL HASHEESH

RED SEA



**HSBC**





**BRÜZ™**



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2019 SAHL HASHEESH ENDURANCE FESTIVAL  
**BRIEFING**

*Good Luck!*



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THE TRI FACTORY